



National Cadet Corps: 2015-16

A Report on various activities taken by

**Padmeshri Vikhe Patil College of Arts, Science and Commerce,
Pravaranagar- 413 713 (NCC Unit)**

The 'Aims' of the NCC have stood the test of time and continue to meet the requirements expected of it in the current socio-economic scenario of the country. The NCC aims at developing character, comradeship, discipline, a secular outlook, the spirit of adventure and ideals of selfless service amongst young citizens. Further, it aims at creating a pool of organized, trained and motivated youth with leadership qualities in all walks of life, who will serve the Nation regardless of which career they choose. Needless to say, the NCC also provides an environment conducive to motivating young Indians to join the armed forces. Our college has separated NCC Unit for Boys and Girls. Boys NCC Unit is attached to 57 Maharashtra Battalion NCC Ahmednagar while Girls NCC Unit is attached to 7 Girls Maharashtra Battalion NCC Aurangabad. Boys (53) and Girls NCC (53) unit of the college have intake capacity of 106 cadets.

Our NCC Pledge: We the cadet of the National Cadet Corps, do solemnly pledge that we shall always uphold the unity of India. We resolve to be disciplined and responsible citizen of our nation. We shall undertake positive community service in the spirit of selflessness and concern for our fellow beings.

The NCC is a responsive, learning and continuously evolving organization. Its activity is guided by certain core values that we endeavor to instill among all ranks of the NCC. These include the following:

- A sense of patriotic commitment to encourage cadets to contribute to national development.
- Respect for diversities in religion, language, culture, ethnicity, life style and habitat to instill a sense of National unity and social cohesion.
- Abiding commitment to learn and adhere to the norms and values enshrined in the Indian Constitution.
- Understanding the value of a just and impartial exercise of authority.



- Ability to participate in community development and other social programme.
- A healthy life style free of substance abuse and other unhealthy practices.
- Sensitivity to the needs of poor and socially disadvantaged fellow citizens.
- Inculcating habits of restraint and self-awareness.
- Understanding the values of honesty, truthfulness, self-sacrifice, perseverance and hard work.
- Respect for knowledge, wisdom and the power of ideas.

Activities for the Academic Year 2015-16

| Sr. No. | Name of the Activity | Place | Remark |
|---------|--|--------------------------------------|---|
| 1. | Mixed Annual Training Camp SD/SW | Ahmednagar and Aurangabad | 51 cadets attended the camp |
| 2. | NCC TSC Selection Camp SD/SW | Ahmednagar | 13 cadets attended the camp |
| 3. | Tree plantation program | Nizarneshwar | All cadets participated <ul style="list-style-type: none"> All cadets are participated in NCC parade for celebration of the Independence Day. |
| 4. | Independence day | College campus and PPS ground | <ul style="list-style-type: none"> Parade Commander: SUO Akash Sawant. Troop Commander: JUO. Prajakta Dighe. |
| 5. | NCC TSC Selection Camp SD/SW/JD/JW | Amaravati | 01 cadets participated |
| 6. | Group selection camp-RDC | Ahmednagar | 08 cadets participated One cadet was selected for further camp |
| 7. | Visit of Col. D. S. Katoch to NCC office | PVP College | Guidance of B & C Cert Examination <ul style="list-style-type: none"> All cadets are participated in NCC parade for celebration of the Republic day. |
| 8. | Republic day | College ground as well as PPS ground | <ul style="list-style-type: none"> Parade Commander: SUO Ashwini Nirmal. Troop Commander: JUO. Lahu Gabhale. |
| 9. | Annual gathering | College ground | Cadets are participated in cultural programme and presented a dance/ solo song in annual social gathering. |



| | | | |
|-----|-------------------------------------|-----------------------------|--|
| 10. | Fun-Run for health, Mini-marathon | B.P.Ed College ground, Loni | 58 cadets participated |
| 11. | Annual Prize Distribution | PVP College | Best senior and junior under officer, Best NCC cadet and RD parade, New Delhi participated cadet awards were given to the cadets |
| 12. | "B" and "C" certificate examination | Sarda College, Ahmednagar | NCC boys and girls cadets appeared for the 'B' and 'C' certificate examination. |

NCC Cadet of our college selected in Indian Army:

- Bharat Raut.

Cadets Participated in RDC/TSC, New Delhi:

| Sr. No. | Name of the activity | Name of the Award/ recognition | Name of the Awarding government/ recognized bodies | Year of award |
|---------|---|--|--|---------------|
| 1 | RDC, New Delhi, 1st Jan 16 to 29th Jan 2016 | Gunjal Amol Balasaheb, Represented his NCC Directorate at the Annual NCC Republic Day Camp and the Prime Minister Rally held at New Delhi. | Director General, National Cadet Corps | 2015-16 |
| 2 | RDC, New Delhi, 1st Jan 17 to 29th Jan 2017 | Dighe Prajakta, Represented his NCC Directorate at the Annual NCC Republic Day Camp and the Prime Minister Rally held at New Delhi. | Director General, National Cadet Corps | 2015-16 |

Community Development Activities/Social Services

Number of extension and outreach programs conducted through NCC in collaboration:

| Sr. No. | Name of the activity | Organizing unit/ agency/ collaborating agency | Year of the activity | Number of ANO/ teachers participated in such activities | Number of Cadets participated in such activities |
|---------|--------------------------|--|----------------------|---|--|
| 1 | Blood Donation Programme | NCC Unit of the College in Collaboration with Pravara Medical Trust Pravaranagar | 2015-16 | 2 | 48 |

| | | | | | |
|---|--|---|---------|---|----|
| 2 | NSS winter camp: 2014-15 (Durgapur): Health Awareness, Village cleanliness, Aids Awareness, Cleaning of roadsides and gutter, Smashan bhumi cleanliness, Tree Plantation, Renewable Energy Awareness, Personality Development, Watershed Management. | National Cadet Corps Unit of the College | 2015-16 | 0 | 0 |
| 3 | NCC Cadets Cycle Rally (for Social Awareness, Cleanliness and Tree plantation) and one day visit to the NSS winter camp: 2015-16 (Durgapur) | National Cadet Corps Unit of the College in collaboration with NSS Unit | 2015-16 | 2 | 95 |

No. of Cadets participating in extension activities:

| Name of the activity | Organizing unit/ agency/ collaborating agency | Name of the scheme | Year of the activity | Number of ANO/teachers participated in such activities | Number of Cadets participated in such activities |
|-----------------------------------|--|------------------------|----------------------|--|--|
| Swaccha va Swastha Bharat Abhiyan | NCC unit and NSS unit of the college | Clean India Campaign | 2015-16 | 2 | 106 |
| International Yoga Day | NCC Unit of the College and 57 Maharashtra BN NCC Unit of Pravara Sector | International Yoga Day | 2015-16 | 6 | 378 |



Lt. Rajendra S. Pawar

(Associate NCC Officer)
COMPANY COMMANDER
57 MAH BN NCC(BOYS)
Padmashri Vikhe Patil College
Pravaranagar
Dist.Ahmednagar-413713

Blood Donation Camp (2015-16)

NCC Unit of the Padmashri Vikhe Patil College of Arts, Science and Commerce, Pravaranagar organized the Blood Donation Camp in collaboration with Pravara Medical Trust, Loni at 24th September 2015. In this camp Cadets of NCC Unit, Volunteers of National Service Scheme, Students, Teaching and Non-teaching staff of the college took active participation for Blood Donation. In this camp total 48 blood bags were collected from NCC cadets.

Doctors from Pravara Medical Trust, Loni told the detail information and benefits of the blood donation in the beginning of the camp. Doctor told the cadets, Blood donation is quite easy. Neither do you suffer from acute pain, nor does it take a long time. Just a prick of the needle on your arm and within a few minutes and the blood would be collected in the storing device. Before donating blood, it is advisable for everyone to know the importance of blood donation, its facts and blood donation rules. One of the first, necessary blood donation requirements is to register your name for donating your blood. The consent of the donor is very significant here. The basic eligibility would be assessed. As per the blood donation rules, a person needs to have achieved certain age limit (above 18 years of age) and also weight. The personnel registering names may ask for an Identity Card like, a driver's license, donor card or any other forms of ID. This is a very short step and the process does not consume much time. Neither is it a complex one. The personnel may ask you to fill some of your details like name, address, contact number, etc. It is a bit of a technical process. But you need not do anything. Be it examining you physically, or checking the sample of your blood; everything will be done by the personnel or the physician appointed for the specific purpose. What you need, is to present yourself for physical examination and give a small sample of blood for examining. Pulse, blood pressure, temperature of the body and the **level of hemoglobin in the body** is examined. The personnel or the physician may ask you about your medical history to find out if you have any kind of medical conditions or health risks that could negatively affect the receiver of your blood. People with any such problems face blood donation restrictions. Blood is taken from the arm by gently inserting a sterile needle. If the donor wishes to numb the area where the needle is inserted, the personnel may apply Lidocaine beforehand. The entire process of blood donation takes about 8 to 10 minutes. Some specific donation types like plasma and platelets may take about two hours. The donor is,



comfortably seated in a chair during this process. Also, the personnel attending or handling the process may strike a light conversation and help keep the donor in a light mood. This is the fourth and last blood donation requirement. At this point you will be offered refreshments and maybe asked to consume some drinks and snacks. After 10-15 minutes, the donor can resume the regular activities of the day. This is the time when the donor starts feeling the joy of saving someone's life. People who are unfamiliar or have no experience of donating blood may feel some sort of discomfort. But really, there is nothing to fear. The blood donation process is very simple, painless and full of joy and satisfaction.

During this camp Principal Dr. P. M. Dighe told that, People donate blood on different occasions for different reasons. Sometimes, some family member may be hospitalized and may need blood immediately. In some countries, people are paid for donating blood and they even donate blood for monetary incentives. Also, there are people with altruistic mentality, who know the importance of blood donation for the betterment of the people and their society. Some people are familiar with the health benefits of donating blood and therefore, keep donating blood at regular intervals. Whatever be the reason of donating blood, it is worth knowing the benefits and importance of blood donation. It not only benefits the person at the receiving end but is also equally beneficial to the blood donor. You may be excited to donate blood, but it is essential to understand the blood donation requirements before you actually donate blood. Familiarity with blood donation rules and blood donation restrictions would enable you to donate blood with a better sense of what you are really doing and receive psychological satisfaction and joy along with the physical health benefits.



COMPANY COMMANDER
57 MAH BN NCC(BOYS)
Padmashri Vikhe Patil College
Pravar Nagar
Dist.Ahmednagar-413713

Photographs...



• Reg. No. MAH-123-A7Nagar dated 28-12-1972
(Bombay Reg. Act 1960)

• Reg. No. F-138-A7Nagar, Bombay Public Trust Act -
1950 dated 28-02-1973

• Reg. No. Ab-024-dated-14-06-2006
(Bombay Nursing Home Act - 1949)



PRAVARA MEDICAL TRUST'S

PRAVARA RURAL HOSPITAL

LONI - 413736, (Near Shirdi)

Tal. Rahata, Dist. Ahmednagar (Maharashtra) India

Phone :

National : -02422-273600,273486,273412

International : +91-2422-273600,273486,273412

Fax :

National : -02422-273413,273442

International : +91-2422-273413,273442

Email : contact@pmipms.org; pravara@bom3.vsnl.net.in

Home Page : <http://www.pravara.org>
Date: 28/09/2015

To,

Prof. Lt. Rajendra S. Pawar / Capt. Sujata Deore

Associate NCC Officer.

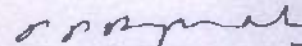
Padmashri Vikhe Patil College Pravaranagar,
A/P-Loni (Kd) Tal- Rahata, Dist-Ahmednagar
Pin-413736

Respected Sir,

This is to express our sincere thanks to you for extending all possible help in organizing Blood Donation Camp at Padmashri Vikhe Patil College Pravaranagar, A/P-Loni (Kd). On 24/09/2015.

The Camp was a great Success. We once again thank you for the efforts put in by one and all to make this camp successful. We also extend our best wishes for Success in your future on devour too.

Thanking You


Incharge

Blood Bank,

Pravara Medical Trust, Loni
I/C BLOOD BANK
PMT/PRH, LONI



DONATE BLOOD -SAVE LIFE




COMPANY COMMANDER
57 MAH BN NCC(BOYS)
Padmashri Vikhe Patil College
Pravaranagar
Dist.Ahmednagar-413713

NCC Cadets Cycle Rally (2015-16)

NCC Boys and Girls Unit of the college organized Cycle Rally for Social Awareness, Cleanliness and Tree plantation. NCC cadets also visited to the NSS winter camp, Durgapur at 15th December 2015.

In the Cycle Rally and NSS winter camp visit NCC cadets were participated in the following activities.

- **Social Awareness:** NCC cadets were participated in the social awareness programmes in the camp visit. NCC cadets participated with NSS volunteers for awareness of Daily exercise, Yoga, Value education, Self-discipline, Health awareness, Cleanliness, Save Girl Child Campaign, Awareness about Laws, Personality development, National Integration, etc. activities.
- **Village Cleanliness:** Various premises such as Grampanchayat, Society, Primary School, High School, and Cleanliness around temple area sides of road were cleaned by NCC cadets with NSS volunteers to keep forward the main idea of camp visit.
- **Trees Plantation:** Trees plantation programme was organized by NCC cadets with NSS volunteers at the primary school, high school and temple premise. Different Medicinal and Coconut trees were planted.

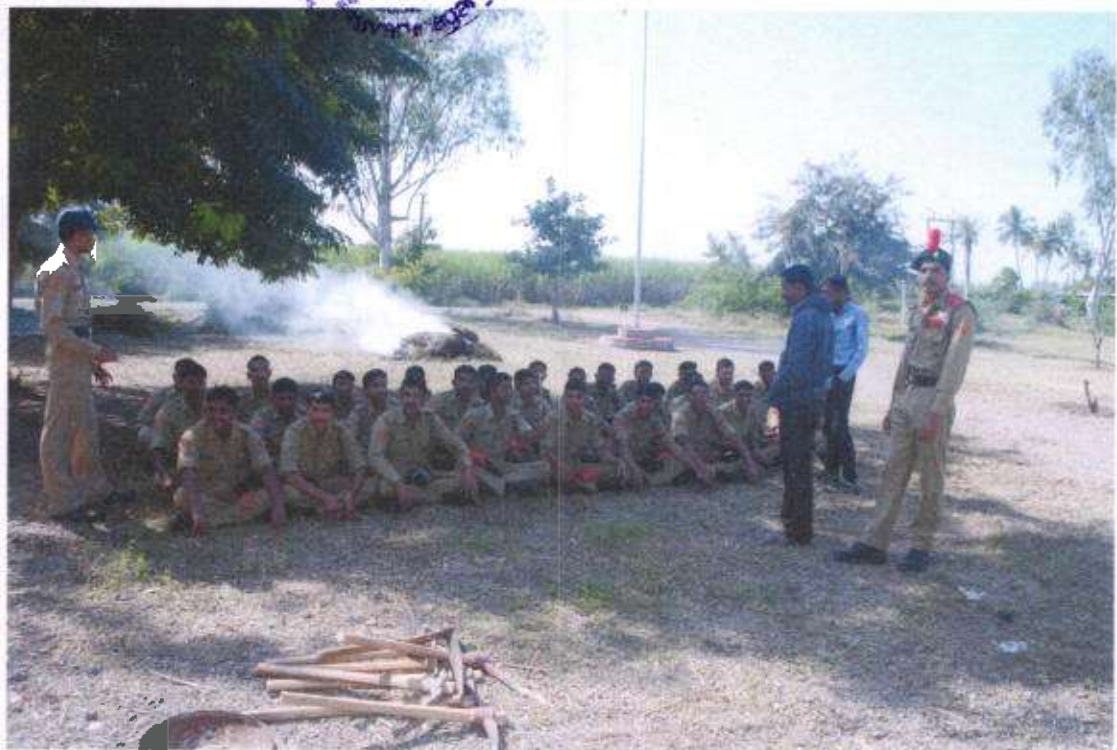
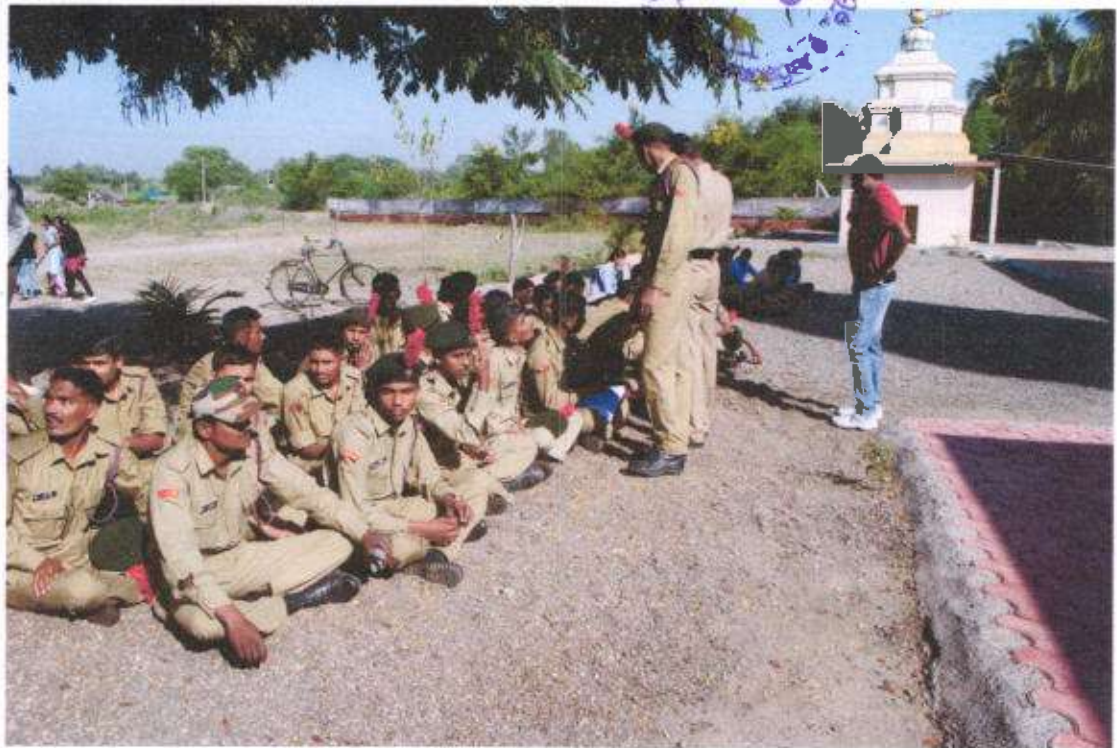
The 95 Cadets of NCC Unit of the college are actively participated in the Cycle Rally Organized for Social Awareness, Cleanliness and Tree plantation.



Photographs...







[Signature]

COMPANY COMMANDER
57 MAH BN NCC(BOYS)
Padmashri Vikhe Patil College
Pravaranagar
Dist. Ahmednagar-413713

Tree Plantation Programme Report: 2015-16

On 18th July 2015 the tree plantations work done by the NCC Cadets at Nizarneshwar and also in the College campus. On the opening of these Programme Principal Dr. S. R. Walunj shared the information about Maintaining biodiversity and a healthy environment. If we plant two billion hectares of forest in 40 years and neutralize the 15 millions of hectares that are cut each year, we provide space for ecosystems. Scientists warn us that nowadays each hour two to five species become extinct. We can delay and perhaps even stop this with the Tree solution. Everyone knows on a hot summer, it is always nice and cool in the woods. That is because trees take heat - energy - from the air and use it for photosynthesis. This lowers the air temperature. At night trees radiate heat back into space via infrared waves. This causes water vapor from the air to condense on the leaves which allows the tree to grow better, even in a dry climate. Planting and then maintaining trees helps lower energy costs, reduce pollution, surroundings improves with green ambience and also increases the value of your property. As green color is a soothing color, it helps you recover from strain quickly. Trees enhance the beauty and making your surroundings beautiful is your duty as well.

Dr. P. M. Dighe explained his speech that, Trees are very important part of the planet to provide beauty or shade. There are sundry perspectives of trees in human life such as social, communal, environmental and economic. I am going to describe the major benefits of trees in human life. Trees offer everything which is required by human such as Air, food, house, cloth, energy and beauty. Trees helps in absorbing odors and pollutant gases such as sulfur dioxide, ozone, nitrogen oxides etc and provide us with fresh air. They offer the most important thing that is fresh air which is the basic need for human to survive.

Dr. R. G. Rasal told that, Trees helps in improving health as they strongly encourage people to go to parks or in green environment for walking, exercising, jogging or biking which helps them reduce obesity and keeps them fit. Homes with more trees or having green ambience in surroundings tend to have higher property value than those without trees, because it decreases pollution and have fresh air around which attracts people more. Trees provide food for human beings and also for birds and wildlife.

Prof. Mr. C. S. Galande Madam explained his speech that, according to studies, people with green ambience out their windows heal faster and with less difficulty or complications. So planting trees around or outside your house can not only help you prevent from visiting doctors more often but also heals you naturally.

On this occasion 76 NCC Boys and Girls cadets and villagers took actively part in the tree plantation Programme. 73 trees of Coconut and various medicinal plants were planted during this programme. Capt. Sujata Deore and Lt. Rajendra Pawar get efforts for successful conduction of tree plantation programme.



Photographs of Tree Plantation Programme...








 COMPANY COMMANDER
 57 MAH BN NCC(BOYS)
 Padmashri Vikhe Patil College
 Pravaranagar
 Dist.Ahmednagar-413713

Clean and Healthy India Campaign

(1st to 7th August 2015)

Savitribai Phule Pune University and P.V.P. College Pravaranagar NCC / NSS Unit co-cordially organized the clean and Healthy Indian campaign of 7 days.

In which following programmes were conducted.

1. 1st August 2015. On this day the oath of cleanliness were taken by the NCC Cadets.
2. 2nd – 6th August 2015. During this period under cleanliness campaign Grounds, Lawns, Roads, Laboratories, Library, Mango garden, Botanical garden and classrooms were cleaned by the NCC Cadets.
3. 7th August 2015. On this day meeting was conducted of NCC Unit cadets regarding the cleanliness and information was provided to the volunteers on how to keep our area clean in future. For this programme Principal Dr. S. R. Walunj, Dr. P.M.Dighe, Vice principal and Dr. R.G Rasal were present.

Principal Dr. S. R. Walunj sir guidance to the cadets, cleanliness and hygiene is given a lot of importance by the people. People often relate hygiene and cleanliness as one; apparently, cleanliness simply does not define hygiene. Instead, cleanliness is solely a part of it. Let's look at the difference between both the terms. People often relate hygiene and cleanliness as one; apparently, cleanliness simply does not define hygiene. Instead, cleanliness is solely a part of it. Let's look at the difference between both the terms. Hygiene can be said as a set of habits or practices that are executed in order to maintain a good health. Hygiene can be divided into several other types as personal hygiene, medical hygiene, hand hygiene, home hygiene, and laundry hygiene. Whereas cleanliness can be said as a state of being free of dirt and germs. Although it is impossible for one to get rid of the germs entirely regardless of all the techniques, as millions of germs roam about in the air.

Dr. P. M. Dighe told that, the aim of cleanliness is simply a healthy environment. A clean workplace can be said as a place where there is an all round protection from germs to health. It is not a place which looks clean but a place which is actually germ free for the employer, employees and the customers. Workplaces in the years have realized the importance of a clean and healthy surrounding.



Photographs...





[Signature]

COMPANY COMMANDER
57 MAH BN NCC(BOYS)
Padmashri Vikhe Patil College
Pravaranagar
Dist.Ahmednagar-413713

International Yoga Day (21st June 2015)

NCC Unit of the PVP College, Pravaranagar organized the third International Yoga Day at 21st June 2015. In this programme 6 Associate NCC Officers and 378 Cadets of the Pravaranagar Sector (57 Maharashtra Battalion NCC, Ahmednagar) are actively participated.

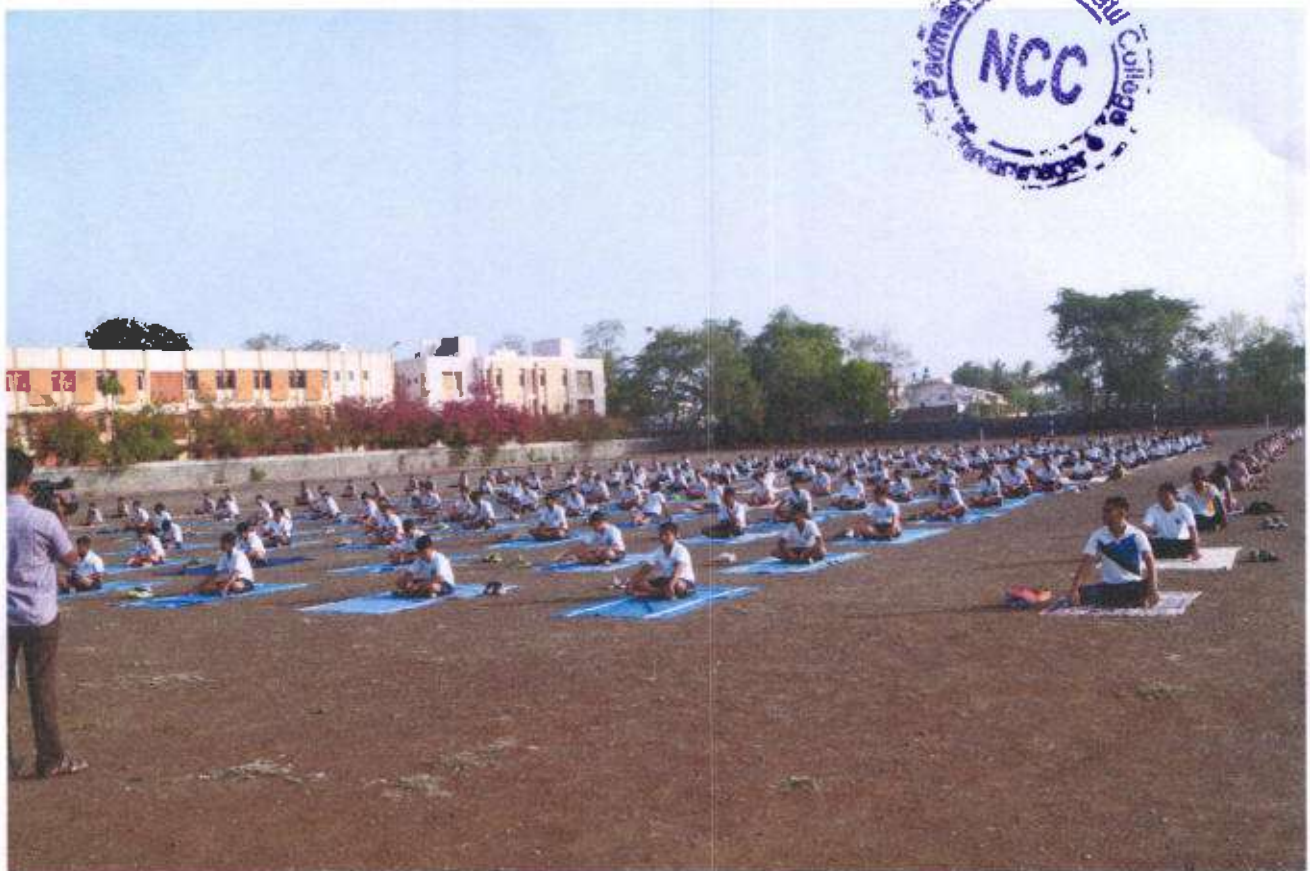
In that International Yoga Day programme Principal Dr. P.M. Dighe told the importance of Yoga. Healthy body is essential to enjoy life to the fullest and regular practice of yoga can provide a great deal of health. Yoga is not those forms of vigorous exercises. Rather, it is a form of systematic and rhythmic movements that have to be done one after another. Breathing patterns is important in the "ASANS". A proper yoga follower must follow a set of routines for exercise, rest and diet for maximum results. Yoga is done to obtain peace and it is done peacefully. There is no extreme movement in yoga. Yoga can be performed by people of all ages and even sick people. Yoga is an art which connects our soul, mind, and body together. It makes us strong, flexible, peaceful and healthy. In countries like India where people have so much stress and are fatigue, Yoga is very necessary. It makes us fit and healthy. A healthy mind can do everything. These days, people don't have time for Yoga due to their daily tasks, work, and stressful life. Maintaining a good health is much important than growing financially because without health you cannot work and without working you cannot earn.

The Yoga instructor Mr. Deepak Jadhav explained to the cadets that, Yoga have become more popular nowadays because people are realizing its importance and the key to the cure of modern day stress lies in Yoga. Yoga is inexpensive, freehanded form of exercise with a combination of breathing exercises and poses. Yoga is systematic, scientific and result can be obtained by improvement of both physical and mental health. Modern life is resulting us to take up a hectic and unsystematic lifestyle. This combines all the erratic food habits, lack or improper sleep, long working hours, etc. Due to this surely the new generation kids or adults are losing health, vitality, flexibility, energy and overall resistance to diseases. To find a way of curing all these, there is a hope with yoga. A balanced life can be obtained by practicing yoga and harmonizing body and soul with "ASANS", pranayama and meditation.


To carry out this programme smoothly Dr. P.M. Dighe, Prof. D.G. Thorat, Dr. R.G. Rasal, Prof. Mrs. C. S. Galande, Capt. Sujata Deore and Lt. Rajendra S. Pawar and took special efforts.



Photographs...



2


COMPANY COMMANDER
57 MAH BN NCC(BOYS)
Padmashri Vikhe Patil College
Pravaranagar
Dist.Ahmednagar-413713